*This program is presented by the Centers for Disease Control and Prevention.* 

With the aging of the population, arthritis has become a major health problem. In the US, approximately 50 million people have arthritis, which is an inflammation of the joints that results in pain and stiffness; it usually worsens with age. One of the most effective ways to reduce pain and improve function is to exercise regularly. For best results, people with arthritis should engage in aerobic activity, such as brisk walking or cycling, for at least two and a half hours a week; even 10 minutes at a time can help. They should also do strengthening exercises at least twice a week. Remember: Physical activity. The arthritis pain reliever.

Thank you for joining us on A Minute of Health with CDC.

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